



XII BIEG SZLAKIEM DZIKA, VIII PRZEŁAJOWE MISTRZOSTWA POLSKI STRAŻAKÓW

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Festiwal Biegowy Dzik Weekend 2022
Stowarzyszenie Klub Biegowy Dzik
2022-08-20
Police
10 km

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Klasyfikacja: OPEN -M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	JEFIMCZYK Norbert	213	7BOW/1BZ/1	M-16	1	00:39:31.70		3:57	15.2 (100%)
2	PYTŁAK Michał	216	7BOW/1BZ/1	M-30	1	00:40:59.45	+00:01:27 (3.6%)	4:05	14.6 (96.1%)
3	ZACHARCZUK Albin	215	7BOW/1BZ/1	M-16	2	00:42:10.10	+00:02:38 (6.3%)	4:13	14.2 (93.4%)
4	WOLSKI Marcin	373	DGS DIAGNOSTICS TEAM	M-30	2	00:42:34.30	+00:03:02 (7.1%)	4:15	14.1 (92.8%)
5	GRABEK Maciej	50	DZIKIE DZIKI GORZÓW	M-30	3	00:42:38.70	+00:03:07 (7.3%)	4:15	14.1 (92.8%)
6	PRZEMYSŁAWICZ Bartosz	138		M-30	4	00:43:23.15	+00:03:51 (8.9%)	4:20	13.8 (90.8%)
7	BARAŃSKI Przemysław	383	PSP SZCZECIN	M-16	3	00:43:45.85	+00:04:14 (9.7%)	4:22	13.7 (90.1%)
8	BORYCHOWSKI Mariusz	212	7BOW/1BZ	M-50	1	00:43:52.10	+00:04:20 (9.9%)	4:23	13.7 (90.1%)
9	NOWICKI Artur	217	7BOW/1BZ	M-30	5	00:44:59.75	+00:05:28 (12.2%)	4:29	13.3 (87.5%)
10	PLESNER Krzysztof	386	VO2MAX RACING TEAM	M-40	1	00:45:34.45	+00:06:02 (13.3%)	4:33	13.2 (86.8%)
11	RUDZIŃSKI Jacek	385	PSP SZCZECIN	M-50	2	00:46:00.90	+00:06:29 (14.1%)	4:36	13 (85.5%)
12	GOLAŃSKI Krzysztof	214	7BOW/1BZ	M-30	6	00:46:50.70	+00:07:19 (15.6%)	4:41	12.8 (84.2%)
13	HUBERT Łukasz	352	BIEGOLAS KOSZALIN	M-40	2	00:48:13.90	+00:08:42 (18.0%)	4:49	12.4 (81.6%)
14	WASZKIEWICZ Tomasz	372	12BZ	M-40	3	00:49:00.25	+00:09:28 (19.3%)	4:54	12.2 (80.3%)
15	BURAS Radosław	23	PSP SZCZECIN	M-30	7	00:49:38.70	+00:10:07 (20.4%)	4:57	12.1 (79.6%)
16	CHAJA Radosław	28		M-30	8	00:49:41.75	+00:10:10 (20.5%)	4:58	12.1 (79.6%)
17	WASILEWSKI Andrzej	188		M-40	4	00:50:00.30	+00:10:28 (21.0%)	5:00	12 (78.9%)
18	KRZEŚNIEWSKI Marcin	211	VO2MAX RACING TEAM	M-40	5	00:50:04.45	+00:10:32 (21.1%)	5:00	12 (78.9%)
19	RAKOWSKI Łukasz	140	VO2MAX RACING TEAM	M-30	9	00:50:31.60	+00:10:59 (21.8%)	5:03	11.9 (78.3%)
20	GERLICH Kai	45	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	4	00:51:11.75	+00:11:40 (22.8%)	5:07	11.7 (77.0%)
21	ADAMSKI Janusz	1	VO2MAX RACING TEAM	M-50	3	00:51:15.30	+00:11:43 (22.9%)	5:07	11.7 (77.0%)
22	KAMIŃSKI Łukasz	355	KAMIŃSKI TEAM	M-40	6	00:51:19.90	+00:11:48 (23.0%)	5:07	11.7 (77.0%)
23	WRÓBLEWSKI Michał	202	DZIKIE WRÓBLE	M-40	7	00:51:22.75	+00:11:51 (23.1%)	5:08	11.7 (77.0%)
24	SAKOSIK Krystian	150	KOSA	M-30	10	00:51:25.65	+00:11:53 (23.1%)	5:08	11.7 (77.0%)
25	CHMIELEWSKI Tomasz	30	VO2MAX RACING TEAM	M-40	8	00:51:38.95	+00:12:07 (23.5%)	5:09	11.6 (76.3%)
26	BRACHMANN Georg	18	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	11	00:51:59.95	+00:12:28 (24.0%)	5:11	11.5 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km			
27	SAWICKI Bartosz	153	DZIKIE DZIKI GORZÓW	M-30	12	00:52:24.95	+00:12:53 (24.6%)	5:14	11.5 (75.7%)
28	BIAŁEK Paweł	384		M-30	13	00:52:25.05	+00:12:53 (24.6%)	5:14	11.4 (75.0%)
29	CHENON Guillaume	29		M-40	9	00:52:36.65	+00:13:04 (24.9%)	5:15	11.4 (75.0%)
30	BUHMANN Philip	22	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	14	00:52:39.40	+00:13:07 (24.9%)	5:15	11.4 (75.0%)
31	BĘDKOWSKI Piotr	341	SWIM2TRI	M-30	15	00:52:50.05	+00:13:18 (25.2%)	5:17	11.4 (75.0%)
32	SICIŃSKI Damian	163	OSP PRZEMOCZE	M-16	5	00:53:02.30	+00:13:30 (25.5%)	5:18	11.3 (74.3%)
33	ZELEK Darek	207		M-40	10	00:53:07.10	+00:13:35 (25.6%)	5:18	11.3 (74.3%)
34	ANTOSIK Bartosz	2		M-30	16	00:53:24.10	+00:13:52 (26.0%)	5:20	11.2 (73.7%)
35	ARLUKIEWICZ Grzegorz	3	TIP	M-30	17	00:53:24.50	+00:13:52 (26.0%)	5:20	11.2 (73.7%)
36	KOCZKODAJ Kamil	78	OŻW SZCZECIN	M-30	18	00:53:45.05	+00:14:13 (26.5%)	5:22	11.2 (73.7%)
37	BOCHENEK Michał	10	SEKTOR DOBREJ ZABAWY	M-30	19	00:53:56.25	+00:14:24 (26.7%)	5:23	11.1 (73.0%)
38	LIPIŃSKI Oskar	359		M-30	20	00:54:19.90	+00:14:48 (27.2%)	5:25	11 (72.4%)
39	ZYGOŃ Artur	374		M-30	21	00:54:20.20	+00:14:48 (27.3%)	5:26	11 (72.4%)
40	GOŁĘBIEWSKI Tomasz	48	PSP SZCZECIN	M-40	11	00:54:30.85	+00:14:59 (27.5%)	5:27	11 (72.4%)
41	WAJS Sebastian	370	HQ MNC NE	M-30	22	00:54:57.00	+00:15:25 (28.1%)	5:29	10.9 (71.7%)
42	STECIUK Michał	173		M-30	23	00:54:59.05	+00:15:27 (28.1%)	5:29	10.9 (71.7%)
43	ZEMŁA Dawid	208	MACARENA WARRIORS	M-16	6	00:55:27.95	+00:15:56 (28.7%)	5:32	10.8 (71.1%)
44	BLICHARZ Jarek	342	GAPS	M-50	4	00:55:52.75	+00:16:21 (29.3%)	5:35	10.7 (70.4%)
45	KUREK Hubert	91		M-30	24	00:56:02.20	+00:16:30 (29.5%)	5:36	10.7 (70.4%)
46	WOSZCZYK Sebastian	197	GRUPA MALBORK	M-40	12	00:56:38.85	+00:17:07 (30.2%)	5:39	10.6 (69.7%)
47	CZYŻEWSKI Tomasz	31	TENET	M-40	13	00:56:41.20	+00:17:09 (30.3%)	5:40	10.6 (69.7%)
48	SZMYCIŃSKI Piotr	180	OSP PRZEMOCZE	M-16	7	00:56:45.25	+00:17:13 (30.4%)	5:40	10.6 (69.7%)
49	SCHERFENBERG Łukasz	155	DINAMO BATUMI	M-30	25	00:56:49.55	+00:17:17 (30.4%)	5:40	10.6 (69.7%)
50	SZULC Marcin	181	BOLI BOLI	M-40	14	00:56:51.20	+00:17:19 (30.5%)	5:41	10.6 (69.7%)
51	RYTTEL Marcin	149	14ZBOT/142BLP	M-40	15	00:57:17.15	+00:17:45 (31.0%)	5:43	10.5 (69.1%)
52	PASIKOWSKI Kamil	123	SKB DZIK	M-16	8	00:57:24.90	+00:17:53 (31.2%)	5:44	10.5 (69.1%)
53	MAJKA Jarek	361	FAMILIAMAJKA	M-40	16	00:57:56.10	+00:18:24 (31.8%)	5:47	10.4 (68.4%)
54	BURDZIK Wojciech	25		M-30	26	00:58:00.85	+00:18:29 (31.9%)	5:48	10.3 (67.8%)
55	LOBA Jakub	378	SKB DZIK	M-16	9	00:58:03.20	+00:18:31 (31.9%)	5:48	10.3 (67.8%)
56	OSTOJSKI Ireneusz	120	DLL PARTNERS	M-40	17	00:58:06.95	+00:18:35 (32.0%)	5:48	10.3 (67.8%)
57	GRUDZIŃSKI Tomasz	56	TEAM SPIRIT NOWA SÓL	M-40	18	00:58:07.20	+00:18:35 (32.0%)	5:48	10.3 (67.8%)
58	KĘDZIOR Jakub	73		M-30	27	00:58:13.40	+00:18:41 (32.1%)	5:49	10.3 (67.8%)
59	ROGAŁSKI Marcin	365	VOCALIS SZCZECIN	M-50	5	00:58:14.30	+00:18:42 (32.1%)	5:49	10.3 (67.8%)
60	SEEBODE Christian	160	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	6	00:58:27.80	+00:18:56 (32.4%)	5:50	10.3 (67.8%)
61	DUDENKO Jerzy	36	DZIKIEDUDKI	M-40	19	00:58:44.50	+00:19:12 (32.7%)	5:52	10.2 (67.1%)
62	FURMANIAK Piotr	42	GRUPA MALBORK	M-40	20	00:59:05.15	+00:19:33 (33.1%)	5:54	10.2 (67.1%)
63	MURYN Dawid	114		M-16	10	00:59:07.80	+00:19:36 (33.2%)	5:54	10.1 (66.4%)
64	KARCZEWICZ Piotr	72	OŻW SZCZECIN	M-30	28	00:59:18.70	+00:19:47 (33.4%)	5:55	10.1 (66.4%)
65	GRALEWICZ Robert	52		M-40	21	00:59:33.60	+00:20:01 (33.6%)	5:57	10.1 (66.4%)
66	KANIA Marcin	219	KB DZIK POLICE	M-16	11	00:59:38.60	+00:20:06 (33.7%)	5:57	10.1 (66.4%)
67	GABRYŚ Kacper	349		M-30	29	00:59:46.55	+00:20:14 (33.9%)	5:58	10 (65.8%)
68	ROSIĄK Marcin	144		M-30	30	00:59:52.40	+00:20:20 (34.0%)	5:59	10 (65.8%)
69	KRÓL Kamil	67	DZIADY OCR	M-30	31	00:59:56.50	+00:20:24 (34.1%)	5:59	10 (65.8%)
70	MIKA Tomasz	363		M-40	22	01:00:03.45	+00:20:31 (34.2%)	6:00	10 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						10km	Różn		
71	SOBCZAK Paweł	167		M-40	23	01:00:03.50	+00:20:31 (34.2%)	6:00	10 (65.8%)
72	GRALEWICZ Olgierd	54		M-16	12	01:00:04.35	+00:20:32 (34.2%)	6:00	10 (65.8%)
73	SZESZKOWSKI Tomasz	178		M-40	24	01:00:34.35	+00:21:02 (34.7%)	6:03	9.9 (65.1%)
74	GIEDRYS Adam	47	12 BRYGADA ZMECHANIZOWANA	M-16	13	01:00:37.30	+00:21:05 (34.8%)	6:03	9.9 (65.1%)
75	KOKOWSKI Jacek	381		M-40	25	01:00:46.60	+00:21:14 (35.0%)	6:04	9.9 (65.1%)
76	GRALEWICZ Albert	53		M-16	14	01:01:06.60	+00:21:34 (35.3%)	6:06	9.8 (64.5%)
77	SCHULZE Jan - Michel	159	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	15	01:01:17.10	+00:21:45 (35.5%)	6:07	9.8 (64.5%)
78	BRANDES Tilman	19	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	32	01:01:18.50	+00:21:46 (35.5%)	6:07	9.8 (64.5%)
79	KRUK Bartosz	84		M-30	33	01:01:19.40	+00:21:47 (35.5%)	6:07	9.8 (64.5%)
80	NIEWIADOMSKI Mateusz	116		M-30	34	01:01:33.50	+00:22:01 (35.8%)	6:09	9.7 (63.8%)
81	DUDKA Robert	37		M-30	35	01:01:36.70	+00:22:05 (35.8%)	6:09	9.7 (63.8%)
82	CESAK Grzegorz	27	CSB DRAWSKO	M-30	36	01:02:04.60	+00:22:32 (36.3%)	6:12	9.7 (63.8%)
83	BUCHOLC Zbigniew	21	GRUPA AZOTY	M-40	26	01:02:04.80	+00:22:33 (36.3%)	6:12	9.7 (63.8%)
84	MATYSIAK Sławomir	105	OCR GRUBAS TEAM	M-30	37	01:02:07.20	+00:22:35 (36.4%)	6:12	9.7 (63.8%)
85	ZIELIŃSKI Michał	210		M-16	16	01:02:10.70	+00:22:39 (36.4%)	6:13	9.7 (63.8%)
86	BOCK Udo	12	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-40	27	01:02:25.85	+00:22:54 (36.7%)	6:14	9.6 (63.2%)
87	GRYGORCEWICZ Władysław	57	SKB DZIK	M-60+	1	01:02:28.40	+00:22:56 (36.7%)	6:14	9.6 (63.2%)
88	SAWICKI Paweł	154	ŻANDARMERIA WOJSKOWA	M-40	28	01:02:41.85	+00:23:10 (37.0%)	6:16	9.6 (63.2%)
89	SENDEROWSKI Maciej	161	GRUPA AZOTY	M-40	29	01:02:53.15	+00:23:21 (37.1%)	6:17	9.5 (62.5%)
90	LENCEWICZ Grzegorz	93	VO2MAX RACING TEAM	M-30	38	01:03:07.05	+00:23:35 (37.4%)	6:18	9.5 (62.5%)
91	KLEPACKI Bartek	76		M-40	30	01:03:09.85	+00:23:38 (37.4%)	6:18	9.5 (62.5%)
92	BYCZKOWSKI Jan	26	DZIKIE DUDKI	M-40	31	01:03:16.95	+00:23:45 (37.5%)	6:19	9.5 (62.5%)
93	KARABOWICZ Zygmunt	356		M-50	7	01:03:40.85	+00:24:09 (37.9%)	6:22	9.4 (61.8%)
94	KUCHARCZYK Robert	87	14ZBOT/142BLP	M-50	8	01:03:42.70	+00:24:11 (38.0%)	6:22	9.4 (61.8%)
95	KIWILSZA Wojciech	75	IHUHU TEAM	M-30	39	01:03:53.55	+00:24:21 (38.1%)	6:23	9.4 (61.8%)
96	STĘPNIAK Lesław	174		M-40	32	01:04:08.65	+00:24:36 (38.4%)	6:24	9.4 (61.8%)
97	ŁAWNICZAK Sebastian	97	ALUHAK	M-40	33	01:04:14.35	+00:24:42 (38.5%)	6:25	9.3 (61.2%)
98	DUDA Krzysztof	35	GPTW	M-40	34	01:04:29.05	+00:24:57 (38.7%)	6:26	9.3 (61.2%)
99	DOBRYCKI Piotr	346	BRIDGESTONE STARGARD RUNNERS	M-40	35	01:04:33.65	+00:25:01 (38.8%)	6:27	9.3 (61.2%)
100	ŚWIĄTEK Bronisław	367	SAMOTNY WILK	M-60+	2	01:04:47.65	+00:25:15 (39.0%)	6:28	9.3 (61.2%)
101	MATUSIAK Mariusz	103		M-40	36	01:05:17.30	+00:25:45 (39.5%)	6:31	9.2 (60.5%)
102	PAWLUŚ Tomasz	127		M-40	37	01:05:36.45	+00:26:04 (39.8%)	6:33	9.1 (59.9%)
103	GERLICH Klaus	44	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	9	01:05:38.90	+00:26:07 (39.8%)	6:33	9.1 (59.9%)
104	HAWRYLAK Marcin	61	14ZBOT/142BLP	M-50	10	01:05:45.10	+00:26:13 (39.9%)	6:34	9.1 (59.9%)
105	SPÓLNIK Paweł	170		M-30	40	01:06:06.10	+00:26:34 (40.2%)	6:36	9.1 (59.9%)
106	KRYGIER Krzysztof	357		M-30	41	01:06:11.60	+00:26:39 (40.3%)	6:37	9.1 (59.9%)
107	MĄDRAWSKI Tomasz	108		M-40	38	01:06:18.00	+00:26:46 (40.4%)	6:37	9 (59.2%)
108	DUBICKI Mikołaj	34	STARGARD JA SIĘ NIE ŚCIGAM	M-16	17	01:06:21.80	+00:26:50 (40.4%)	6:38	9 (59.2%)
109	PATZKE Ingo	124	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	11	01:07:16.40	+00:27:44 (41.2%)	6:43	8.9 (58.6%)
110	PATZKI Wojciech	126	TENET	M-16	18	01:07:17.20	+00:27:45 (41.3%)	6:43	8.9 (58.6%)
111	BOCK Marcel	13	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	19	01:07:20.95	+00:27:49 (41.3%)	6:44	8.9 (58.6%)
112	WITORZĘĆ Dariusz	196		M-40	39	01:07:30.30	+00:27:58 (41.4%)	6:45	8.9 (58.6%)
113	SOLIS Mariusz	168	OŻW SZCZECIN	M-40	40	01:08:00.25	+00:28:28 (41.9%)	6:48	8.8 (57.9%)
114	BRILLA Andrzej	20	ŻANDARMERIA WOJSKOWA	M-40	41	01:08:18.60	+00:28:46 (42.1%)	6:49	8.8 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km			
115	SOWA Krzysztof	169	TRASHMAGEDDON	M-30	42	01:08:22.10	+00:28:50 (42.2%)	6:50	8.8 (57.9%)
116	POGODA Rafał	132	TIP	M-30	43	01:08:50.95	+00:29:19 (42.6%)	6:53	8.7 (57.2%)
117	GUŁAJEWSKI Rafał	58	14ZBOT/142BLP	M-40	42	01:09:00.10	+00:29:28 (42.7%)	6:54	8.7 (57.2%)
118	MAZUR Filip	106	14ZBOT/142BLP	M-30	44	01:09:05.35	+00:29:33 (42.8%)	6:54	8.7 (57.2%)
119	SCHMIDT Sebastian	156	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	45	01:09:29.05	+00:29:57 (43.1%)	6:56	8.6 (56.6%)
120	PIŁATOWSKI Maciej	130		M-30	46	01:09:44.70	+00:30:13 (43.3%)	6:58	8.6 (56.6%)
121	ZALEWSKI Sylwester	205		M-40	43	01:09:53.05	+00:30:21 (43.4%)	6:59	8.6 (56.6%)
122	WÓJCICKI Łukasz	200	HELL'S HEAVEN SZCZECIN	M-40	44	01:10:26.70	+00:30:55 (43.9%)	7:02	8.5 (55.9%)
123	MARCZYK Szymon	99		M-16	20	01:10:32.30	+00:31:00 (44.0%)	7:03	8.5 (55.9%)
124	NOWACZYK Wojciech	117		M-30	47	01:10:40.00	+00:31:08 (44.1%)	7:04	8.5 (55.9%)
125	RAKOWSKI Piotr	141		M-60+	3	01:10:40.45	+00:31:08 (44.1%)	7:04	8.5 (55.9%)
126	KUNIKOWSKI Patryk	90	STARGARD JA SIĘ NIE ŚCIGAM	M-40	45	01:11:16.05	+00:31:44 (44.5%)	7:07	8.4 (55.3%)
127	STAŃCZYK Sławomir	172		M-30	48	01:11:16.70	+00:31:45 (44.5%)	7:07	8.4 (55.3%)
128	JADRYCH Zbigniew	69	STARGARD JA SIĘ NIE ŚCIGAM	M-40	46	01:11:17.20	+00:31:45 (44.6%)	7:07	8.4 (55.3%)
129	GERLICH Michael	46	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	12	01:11:25.70	+00:31:54 (44.7%)	7:08	8.4 (55.3%)
130	SCHULZE Stefan	158	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	13	01:11:28.50	+00:31:56 (44.7%)	7:08	8.4 (55.3%)
131	MROZIK Mariusz	111	DZIKIE DZIKI GORZÓW	M-40	47	01:12:00.45	+00:32:28 (45.1%)	7:12	8.3 (54.6%)
132	WIECZOREK Jakub	191		M-16	21	01:12:08.50	+00:32:36 (45.2%)	7:12	8.3 (54.6%)
133	SALAUYOU Raman	151		M-30	49	01:12:28.25	+00:32:56 (45.5%)	7:14	8.3 (54.6%)
134	HINDZIUK Artsiom	62		M-30	50	01:12:28.55	+00:32:56 (45.5%)	7:14	8.3 (54.6%)
135	PAWŁOWSKI Karol	128		M-40	48	01:12:36.35	+00:33:04 (45.6%)	7:15	8.3 (54.6%)
136	MAZUR Karol	107	CSB DRAWSKO	M-40	49	01:12:42.60	+00:33:10 (45.6%)	7:16	8.3 (54.6%)
137	TARGOSZ Łukasz	183	GRUPA AZOTY	M-30	51	01:13:06.85	+00:33:35 (45.9%)	7:18	8.2 (53.9%)
138	SKRZYPIEC Andrzej	166	BIEGACZE ŚWINOUJŚCIE	M-60+	4	01:13:52.15	+00:34:20 (46.5%)	7:23	8.1 (53.3%)
139	ZAWADZKI Andrzej	206	TENET	M-16	22	01:14:05.25	+00:34:33 (46.6%)	7:24	8.1 (53.3%)
140	MISIASZEK Mirosław	110	MAŁKOCIN	M-50	14	01:14:11.75	+00:34:40 (46.7%)	7:25	8.1 (53.3%)
141	HNAT Rafał	63		M-50	15	01:14:41.70	+00:35:10 (47.1%)	7:28	8 (52.6%)
142	RUTKOWSKI Konrad	148	14ZBOT/142BLP	M-30	52	01:14:48.85	+00:35:17 (47.2%)	7:28	8 (52.6%)
143	KUCHARSKI Tomasz	88	GRUPA AZOTY	M-50	16	01:15:02.35	+00:35:30 (47.3%)	7:30	8 (52.6%)
144	WOŹNIAK Rafał	198	IHUHU TEAM	M-30	53	01:16:38.20	+00:37:06 (48.4%)	7:39	7.8 (51.3%)
145	MATYSEK Ireneusz	104	KOMANDOS WAŁECKI	M-60+	5	01:18:36.45	+00:39:04 (49.7%)	7:51	7.6 (50.0%)
146	SOBALA Łukasz	366		M-30	54	01:21:41.75	+00:42:10 (51.6%)	8:10	7.3 (48.0%)
147	NOWAK Zbigniew	118	SKB DZIK	M-60+	6	01:22:45.15	+00:43:13 (52.2%)	8:16	7.3 (48.0%)
148	SKOWROŃSKI Andrzej	165	GRUPA MALBORK	M-30	55	01:23:43.30	+00:44:11 (52.8%)	8:22	7.2 (47.4%)
149	RATAJCZYK Patryk	142	DLL PARTNERS	M-30	56	01:26:35.35	+00:47:03 (54.3%)	8:39	6.9 (45.4%)
150	BOHONOS Adam	15		M-40	50	01:28:11.45	+00:48:39 (55.2%)	8:49	6.8 (44.7%)
151	TWAROWSKI Michał	369		M-16	23	01:28:24.55	+00:48:52 (55.3%)	8:50	6.8 (44.7%)
152	KIERUJ Jakub	74	IHUHU TEAM	M-16	24	01:28:45.45	+00:49:13 (55.5%)	8:52	6.8 (44.7%)
153	GOWORSKI Jerzy	49	WIECZORNE BIEGANIE W SZCZECINIE	M-30	57	01:29:55.50	+00:50:23 (56.0%)	8:59	6.7 (44.1%)
154	RÓZGA Michał	145		M-40	51	01:30:10.35	+00:50:38 (56.2%)	9:01	6.7 (44.1%)
155	PRABUCKI Jarosław	137		M-40	52	01:32:22.70	+00:52:51 (57.2%)	9:14	6.5 (42.8%)
156	MAĆKOWIAK Andrzej	360		M-60+	7	01:32:57.15	+00:53:25 (57.5%)	9:17	6.5 (42.8%)
157	KRZYWOŃ Paweł	86		M-30	58	01:36:14.95	+00:56:43 (58.9%)	9:37	6.2 (40.8%)
158	WIECZOREK Wojciech	190		M-40	53	01:41:35.45	+01:02:03 (61.1%)	10:09	5.9 (38.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
159	WARCHOŁ Kamil	187	MACARENA WARRIORS	M-16	25	01:46:11.30	+01:06:39 (62.8%)	10:37	5.7 (37.5%)
160	LEWANDOWSKI Janusz	96	PARKRUN SZCZECIN	M-60+	8	01:52:54.55	+01:13:22 (65.0%)	11:17	5.3 (34.9%)
161	BODNAR Zbigniew	14	BIEG KORCZAKA	M-60+	9	02:01:39.60	+01:22:07 (67.5%)	12:09	4.9 (32.2%)

Znaleziono 161 wynik(ów)